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#1 DAILY NEWSPAPER
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BOSTON

Wednesday, July 20, 2011

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Reddit whiz eyed in MIT hacking

► Social news site co-founder indicted for allegedly stealing millions of academic journals ► Some pay \$50K annually for access to elite database ► 24-year-old Aaron Swartz faces up to 35 years in prison and \$1M fine if convicted of charges {page 02}

Sports

Roster squeeze for the Sox

► Francona must choose between Reddick and Drew
► Does cash or performance win the day? {page 16}

Coffee. Biking and brewing



This isn't your average cup of joe and it certainly isn't your average cafe. Equal Exchange Cafe is an on-the-go coffee brewer that pedals around the city selling organic roast to passers-by from the back of a bike. The certified fair trade, all organic coffee is served in 100 percent compostable plastic and paper cups. You can usually find it at the MGH or Copley T stops. {page 06}



Kelly Rowland, fashion survivor

Former Destiny's Child member has toned down the glitz, but she also has no regrets {page 12}



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In the news

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Cash bail after an 18-year-old Attleboro man allegedly kicked a goose and killed it. According to reports, Shawn Timas and his friends laughed as they watched the bird die after Timas allegedly gave the goose a good kicking. Timas said it was self-defense.

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SILVERWARE MATTERS: BIG FORK, LITTLE BELLY



Harvard fellow, Reddit co-founder accused in hack

► Aaron Swartz of Cambridge indicted by feds for allegedly stealing millions of documents from MIT network ► Charges carry up to 35 years

Aaron Swartz, the 24-year-old co-founder of the social news site Reddit, faced a judge yesterday on charges that he hacked into a Massachusetts Institute of Technology network and stole millions of documents from the university.

Swartz, of Cambridge, could face up to 35 years in prison and a fine of \$1 million if convicted of the wire fraud, computer fraud, unlawfully obtaining information and recklessly damaging a protected computer charges against him.

His federal indictment was unsealed yesterday.

Prosecutors alleged in their indictment that Swartz broke into a restricted computer wiring closet in a basement at MIT to access the school's network last fall and early this year.

"Swartz returned to the wiring closet to remove his computer equipment. This time he attempted to evade identification at the entrance to the restricted area. As Swartz entered the wiring closet, he held his

bicycle helmet like a mask to shield his face, looking through ventilation holes in the helmet," according to the indictment.

It is alleged that he did that in order to download a major portion of archived digitized academic journals on to his computer.

The journals were a part of JSTOR, a paid subscription database used to access millions of primary sources. Some universities pay as much as \$50,000 for an annual subscription.

Prosecutors said that Swartz intended to distribute a significant portion of JSTOR's archive through other file-sharing sites.

Authorities also said they are unaware of any personal identifying information being stolen as a result of the alleged hack.

MICHAEL NAUGHTON
michael.naughton@metro.us

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Alleged hacker



► This photo of Swartz at a 2008 event is posted on his Wikipedia page.

Aaron Swartz is the founder of Demand Progress, a political action committee that campaigns on various online and privacy issues.

Online biographies of Swartz tell of his downloading 441,170 law review articles to determine the source of their funding.

Authorities said Swartz is not affiliated with MIT, but was a fellow at Harvard University's Center for Ethics

and in that standing could have accessed the archive for legitimate research.

► After his court hearing yesterday he tweeted a link to a statement from Demand Progress that read, "Aaron's career has focused on serving the public interest by promoting ethics, open government, and democratic politics. We hope to soon see him cleared of these bizarre charges."

Alleged T shooter arraigned in former friend's murder

An ongoing argument over money between two friends led to the fatal shooting of a 19-year-old at the Savin Hill T station, prosecutors said yesterday.

Nhu Nguyen, 19, of Dorchester, and Derek Matulina were friends until they began arguing when Nguyen believed Matulina owed him from a drug transaction, authorities said.

The two crossed paths by chance May 7 at the T stop and Matulina hit Nguyen in the head with a padlock tied to a handkerchief. That's when Nguyen shot him in the chest, authorities said.

He was ordered held on \$100,000 cash bail after pleading not guilty during his arraignment in superior court. METRO/MN



► Savin Hill station



Boston hospitals rank tops

BOSTON. A pair of Boston hospitals won top honors yesterday on a national survey.

Massachusetts General Hospital ranked second and Brigham and Women's Hospital ranked eighth in the 2011-12 U.S. News & World Report's Best Hospitals Honor Roll.

The list is reserved for medical centers that demonstrate unusually high expertise across multiple specialties, according to the ranking. METRO

Hundreds of jobs to be cut

BOSTON. State Street Corp. announced yesterday that it planned to cut more than 550 jobs in Massachusetts as part of a plan to cut a total of 850 technology jobs. The Boston-based financial services company said the positions will be eliminated over the next 18 to 20 months. BOSTON.COM

News in brief

Mayor: Stay cool, Boston

BOSTON. With temperatures expected to soar into the 90s today, Mayor Thomas Menino issued a heat advisory yesterday, announcing that cooling stations will be open and public pool hours will be extended to 9 p.m.

The Parks Department also operates 50 water

spray features at parks throughout the city.

METRO

Bottle bill hearing today

BOSTON. In an effort to expand on the state's bottle bill, a public hearing will be held at the State House today to talk about tacking on 5-cent deposits to noncarbonated beverages like water, iced tea and juice.

Lawmakers say doing this would help with recycling. METRO

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Skinny jeans. Misses' 2-16. Reg. 59.50.
Special purchase 29.99. ★ WebID 355721
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Month after cop gunfight, man dies

A 25-year-old Dorchester man who got into a gunfight with Boston police last month died at Boston Medical Center on Monday.

Tyrone Cummings was shot multiple times by of-



ficers who responded to a Dorchester home June 14 for a domestic violence incident.

Police said a woman called them from the house and said her boyfriend assaulted her and threatened to kill her.

When police arrived, another woman, believed to be the domestic violence victim's sister, was outside with Cummings. She was shot in the leg.

Officer Shawn Marando, 46, a 13-year veteran, was hit in the leg during the confrontation.

At the time of the incident, authorities said Cummings was "armed to the teeth."

Police said yesterday that medical personnel recovered a second gun and a bag of ammunition from him after his admission to Boston Medical Center.

● MICHAEL NAUGHTON

NICOLAUS CZARNIECKI/METRO



► Kendall Square apartments come with a hefty price tag.

Living in Cambridge: Cough it up

► Rent analysis says area is most expensive ► Upcoming Boston neighborhoods are not far behind

Cambridge has been home to top universities and businesses and now it seems the city is home of the priciest apartments in the area.

The real estate website RentJuice compiled the region's most expensive neighborhoods in the Rent Juice Rent Index for the second quarter this year.

Kendall Square topped the list with an average asking rent price of \$2,760.

"Cambridge's Kendall Square is home to a number of startups, pharmaceutical companies and tech giant Microsoft. With the tech market sure to continue driving our economy, this is one trend not likely to go away," the San Francisco-based company said in a statement. "Luxury rental properties are popping up to meet this increase in demand."

The analysis also confirmed Boston's status as a student mecca. It found

Price tag

Ranking behind Kendall Square and rounding out the top priciest neighborhoods in terms of average rent were:

East Cambridge: \$2,732
Seaport District: \$2,711
Charlestown: \$2,515

that nearly 80 percent of rentals currently listed in Boston will not be available until Sept. 1.

"Boston's rental market is like a game of musical chairs: Consumers should plan ahead to ensure they are not left standing," the company said.

More than 70 percent of the rentals currently available in the Boston market are either one- or two-bedroom apartments, the analysis found.

● MICHAEL NAUGHTON
michael.naughton@metro.us

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Getting good coffee is as easy as riding a bike

► Portable cafe lugs brew around by bicycle ► Roaster offers organic options ► Company first of its kind in Hub

As soon as Elvis Lieban moved to Boston from the West Coast he began looking for bike-related jobs.

Yesterday, Lieban, 23, had his heart set on working for Equal Exchange Cafe, an on-the-go coffee brewer that pedals around the city selling organic roast to passers-by.

"In California, we have coffee bikes, but they are tiny. This is a far advanced brew on a cart," said Lieban.

Aliza Gordon, 23, handles one of two coffee tricycles Exchange has in Boston.

She sets up shop outside of the MGH T stop most mornings, and then pedals, with coffee brewery in tow, to Copley by early afternoon.

"Food trucks are taking off, but none of them are attached to a bike," she said.

Five days a week, Gordon serves up the certified

Going organic

Equal Exchange Cafe has a home base on Causeway Street. The cafe incorporates the use of reclaimed wood in the cafe's furniture into a comprehensive recycling and composting programs for both staff and patrons.

fair trade, all organic coffee, in 100 percent compostable plastic and paper



► Aliza Gordon serves up coffee from the Equal Exchange mobile coffee stand.

cups from a customized tricycle supporting the minicafe.

Whether hot or cold, the brew is boiled right there on the back of the bike using a battery-operated system.

Gordon has been behind the wheel since January, bearing the bitter cold and now the sweltering summer heat to deliver coffee to commuters.

Despite the more than 100 Dunkin' Donuts loca-

tions citywide, coffee-cravers are skipping the mainstream and going organic.

"The bike is an innovative way to bring coffee to the people," said John Klien, 22, as he stopped for an iced coffee.

Klien said the idea of a "nonbox" store, where products are safe for the environment, was also appealing.

Not to mention, the taste, he said.

Business by bike

► Upper Crust Pizza pedals around Boston delivering pies from the back of a basket on their bikes.

► Boston PediCab tows travelers by bike, through traffic. The bike-cab company is "faster than walking or the Green Line," according to their website.



STEVE ANNEAR

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From left: Dr. Joanne Chung, Dr. Ali Tavakkolizadeh, Dr. Malcolm Robinson, Dr. Ashley Vernon and Dr. David Lautz of Brigham and Women's Center for Weight Loss Surgery at Faulkner Hospital.



▶ Atlantis departs.

Shuttle leaves station for last time

CAPE CANAVERAL, FLA.

The last U.S. space shuttle departed the International Space Station yesterday, ending a 12-year program to build and service the orbital outpost, the primary legacy of NASA's shuttle fleet.

Shuttle Atlantis commander Chris Ferguson and pilot Doug Hurley gently pulsed their spaceship's steering jets at 2:28 a.m. EDT to pull away from the station as they sailed about 250 miles over the Pacific Ocean.

REUTERS

Japan: Progress at nuke plant

TOKYO. Japan's government said yesterday it was on track with efforts to take control of the crippled Fukushima nuclear plant but cautioned that a final cleanup of the worst nuclear accident since Chernobyl would take many years.

The update on progress to shut down six reactors at the Fukushima Daiichi plant comes four months after a massive earthquake and tsunami knocked out cooling systems at the complex and triggered a series of core meltdowns and explosions. **REUTERS**

Murdoch attacked during testimony

▶ Press baron apologizes for phone hacking scandal ▶ Says hearing was 'most humble day' of his life

Rupert Murdoch, unperturbed by a shaving cream pie attack in Britain's Parliament, apologized yesterday for the phone hacking scandal that has engulfed his empire but said he would not resign as he had himself been let down by others.

Murdoch, at times appearing all of his 80 years as he took lengthy pauses before answering questions alongside his 38-year-old son, said he had been ashamed by the allegations and won some sympathy for his apparent remorse.

In a hotly anticipated hearing, the most dramatic moment came after two and half hours when a man appeared to rise from the public area of the commit-

tee room and tried to hit the elder Murdoch with a dish of shaving cream.

As James Murdoch rose and police moved in, watched live by millions on television, Rupert Murdoch's 42-year-old wife Wendi Deng, who had been sitting right behind her husband, leapt forward to slap the man. He was hauled away and the session suspended.

Ten minutes later, the session resumed with an apology from the chairman and a jacketless Rupert Murdoch who continued to answer questions calmly.

At the start of proceedings, the elder Murdoch had rejected personal responsibility for the phone-hacking and corruption scandal but, with his son, said the company was deeply sorry and intended to resolve the issue as quickly as possible.

He said he was "shocked, appalled and ashamed" when he read two weeks ago of the case that has transformed the smoldering scandal into a "firestorm," in the words of Prime Minister David Cameron. It has shaken Britons' trust in the press, police and politicians, including Cameron himself.

REUTERS



"Frankly, I'm the best person to clean this up."

RUPERT MURDOCH, WHEN ASKED WHY HE HAD NOT RESIGNED

POST YOUR COMMENTS:
WWW.METRO.US/MURDOCH



Murdoch plays up humility, regret

Rupert Murdoch called it the most humble day of his life, and he can rarely have looked as ill at ease as he

did during yesterday's parliamentary hearing.

The 80-year-old press baron spent much of the three-hour hearing with his head bowed, at times staring at the back of his hands, and rarely showed the passion and aggression on which he built his business over six decades.

He answered many



▶ Rupert Murdoch's hearing devolved when a protester nailed him with a shaving cream pie.

questions in monosyllables and frequently left long pauses before uttering short replies, apologizing repeatedly for the hacking by his now defunct News of the World newspaper but shedding little light on what went on.

"This is the most humble day of my life," he said.

REUTERS

Brooks' testimony



▶ Brooks

▶ Rebekah Brooks, the former News of the World editor at the time some of the alleged hacking occurred, apologized for the scandal and denied knowing the private investigators at the heart of the allegations. She also dismissed suggestions she had ever made or sanctioned payments to the police.

Less money for students in economy

Almost two-thirds of U.S. shoppers plan to spend the same or less this back-to-school season as last year, a survey showed, in an early sign that retailers may not obtain a huge boost from the second-biggest selling season of the year.

About 65 percent of parents surveyed by America's Research Group said they did not plan to spend more during the key season that typically runs from late July into early September as students gear up for the upcoming school year.

While many retailers have already started advertising weeks ahead of school year's start, about 43 percent of parents said

Quoted

"People have kind of fallen into this economic mind-set of survival. They are coping with less money."

BRITT BEEMER, PRESIDENT OF AMERICA'S RESEARCH GROUP

they plan to shop only a week or two before schools open, hoping to find better deals later in the season. Less than 7 percent of parents plan to shop two months before school.

Consumer spending accounts for almost 70 percent of the economy. **REUTERS**



► Tip: Try glueing broken pencils back together. If you can afford glue, that is.

Report: 30 percent in 12 states obese

WASHINGTON. At least 30 percent of people in 12 states were obese in 2010 — an increase of three states from a year earlier, according to the U.S. Centers for Disease Control and Prevention.

No state reported that less than 20 percent of adults were obese, the Atlanta-based agency said yesterday in a statement. That means no state met the national Healthy People 2010 goal to lower the prevalence to 15 percent.

29.4% The South had the highest rate of obesity, with 29.4 percent; the West had the lowest, at 24.1 percent.

Medicare and Medicaid each spend more than 20 percent of their budgets to treat illnesses related to avoidable health risks like obesity, according to the Trust for America's Health and the Robert Wood Johnson Foundation. **BLOOMBERG**

New homes shooting up

WASHINGTON. Groundbreaking for homes scaled a six-month high in June, partly reflecting growing demand for rental apartments, a government

report showed yesterday.

The Commerce Department said housing starts increased 14.6 percent to a seasonally adjusted annual rate of 629,000 units, the highest level since January, as groundbreaking for multi-family units soared 30.4 percent. **REUTERS**



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myentertainment

THE WORD



Metro's **Monica Weymouth** shares her take on the world of gossip [@monicaatmetro](#) [monica.weymouth@metro.us](#)

— Dorothy Robinson will return tomorrow.

Breaking news: J. Lo is sexy

Even stranger than the fact that **Jennifer Lopez** and **Marc Anthony** got married is this little bit of gossip about one of the reasons they're splitting up: He thought J. Lo was too sexy.

It seems that, in the process of begging for the title of Mr. Jennifer Lopez, Anthony forgot he was marrying the woman who wore **That Dress**. "He would make her feel terrible about herself if she wanted to wear something sexy," a source tells UsMagazine.com. "He likes her to dress in a demure, 'wife' style. He hated the fact that she was a sex symbol."

How many marriages go downhill because the mother of 3-year-old twins is too sexy? Prepare yourselves: J-to-the-L-O is going to be owning this irreconcilable difference on every red carpet that'll have her.

WWW.METRO.US/WORD
DOROTHY ROBINSON'S
WORD BLOG



► Is it just us, or was this pretty memorable?

ALL PHOTOS GETTY IMAGES

Lady Gaga does it for the children

Let it never be said that **Lady Gaga** didn't put on a show. When she stopped by **Howard Stern's** radio show yesterday, she denied lip syncing live: "You think I'm going to ask these sweet 14-year-olds to ask their parents to buy a \$100 ticket then run around in latex and lip sync? No way."

Not that she's taking any cheap shots at her peers who famously do. When asked how she felt about writing songs that made other people famous before she became a household name/pest, she played nice. "Fricking **Britney Spears**

sang my record. I was doing backflips and ordering drinks when I heard she was going to be recording my song."



Gaga at
SiriusXM on
Monday

Angie is in charge

Don't expect **Angelina Jolie** to be wearing a sensible dress in the kitchen anytime soon. In the Pitt-Jolie house, she's in charge, according to E!

Online. "She rules him," says an anonymous "friend" of **Brad** to the site. "You can never put anything past that Angie, as she's the one calling the shots." Those are shots we're kind of afraid to even write about.

Talking points

Lovato's new love interest?

Demi Lovato and **Ryan Phillippe** have reportedly been quietly seeing each other over the last few months, but the actor's recent drama with rumored baby mama **Alexis Knapp** has cooled things off between them, according to E! Online. A source says that Lovato and Phillippe's

relationship "was really hot and heavy for a while," but the Disney star didn't know Phillippe was going to be a father with Knapp's baby "until it basically happened. It kind of threw her for a loop." The pair have been on a break since Knapp gave birth two weeks ago, the source says.

Perks of being a Beckham

Having **David Beckham** as a dad certainly has its benefits, as **Brooklyn, Romeo** and



► Talk about a good seat.

Cruz Beckham are set to enjoy a private concert by their favorite singer, **Justin Bieber**, according to **Hollyscoop**. "I've agreed to give the boys a private concert at their house — if David gives me some private soccer lessons," Bieber says. "He told me how happy it would make the boys, so I had to say yes." The pop star could also include girlfriend **Selena Gomez** in the gig, he admits: "Maybe now [that] they have a girl, Selena will have to come too, and dedicate a song to **Harper**."



The feed ...

► Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or less.

Today, **Kelly Osbourne** is throwing things out, **Snoop Dogg** is trying new things, **Paris Hilton** is probably really hungry and **Conan O'Brien** is easily starstruck.

► **@MissKellyO** just did a little spring cleaning and found a twix that expired in 1995!

► **@SnoopDogg** yall on that google+ yet? add tha dogg ya digg! search "snoop dogg"

► **@ParisHilton** On my first day of the juice cleanse diet

► **@ConanOBrien** You never know who you'll run into at the Warner Bros commissary. I just saw the guy who plays that guy on that show. You know — that guy!



Snoop
Dogg



A few celeb snapshots to get you through your hump day

1: Peter Jackson attended the world premiere of "The Adventures of Tintin: Secret of the Unicorn" at Hotel Royal Monceau Raffle on Tuesday night in Paris.

2: Rufus Wainwright poses at a post-show drinks reception after his debut performance of his "House of Rufus" concert series at The Royal Opera House on Monday in London.

3: Mila Kunis visits "Late Night With Jimmy Fallon" at Rockefeller Center on Monday in New York City.

4: Sway Calloway and actor Jerry Ferrara (Turtle on "Entourage") pose on Calloway's first day of his new show "Sway in the Morning" on Eminem's Shade 45 channel at SiriusXM Studio on Monday in New York City.

5: Courtney Love attends the "Friends With Benefits" New York premiere after party at The Standard on Monday night in New York City.

6: Erykah Badu performs on stage at Brixton Academy on Sunday in London.

7: Chrissy Teigen plays kissy face with singer John Legend during the diNeila Brazil Spring/Summer 2012 Presentation at The Penthouse at The Raleigh on Monday in Miami.

1: TRADON/GETTY IMAGES
2: DAVE M. BENNETT/GETTY IMAGES
3: THEO WARDON/GETTY IMAGES
4: MICHAEL LOCCISANO/GETTY IMAGES
5: STEPHEN LOVERIN/GETTY IMAGES
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WEDNESDAY, JULY 20, 2011

11

myentertainment

With a little good will, you're going to love 'Matt & Ben'

- Central Square Theater's latest hits close to home
- Marianna Bassham is hilarious as Ben Affleck

You'll need to suspend your disbelief when you enter the Central Square Theater for their delightful production of "Matt & Ben."

The roles of two of the most famous Cambridge homeys to make it in Hollywood are played by women. And, if that's not enough, you're asked to believe that their Oscar-winning script "Good Will Hunting" literally fell out of the sky and landed in Affleck's dumpy living room. Significantly more

whimsical than believable, "Matt & Ben" successfully captures the duo's onetime youthful exuberance with humor and lampooning that could easily feel like playwright envy in lesser hands.

Marianna Bassham delivers a stellar performance as Ben Affleck. Whether devouring pizza, struggling to spell or espousing dimwitted strategies to become a star, Bassham nails every regular-guy gesture and bone-headed utterance with

unwavering authenticity.

Philana Mia doesn't fare quite as well in her portrayal of Damon, however. She seems hesitant and a bit self-conscious. Though part of her stiffness may be the script, she often feels like a pretty woman reading lines meant for a man.

Director M. Bevin O'Gara has found the perfect pace for a fun, feel-good piece of theater, and Dahlia Al-Habibeli's superb set could have easily been lifted from any Somerville



Mia and Bassham are Matt and Ben, respectively.

Bro-mantic comedy

Playwrights Mindy Kaling and Brenda Withers premiered this work at the New York Fringe Festival in 2002, where it won Best in Fringe. The play

had a successful Off-Broadway run, making Rolling Stone's "Hot List" and Time magazine's "Top Ten Theatrical Events." Kaling later got her big break playing Kelly Kapoor on "The Office" on NBC.

pad, circa 1996.

'Matt & Ben'
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WEDNESDAY, JULY 20, 2011

mystyle

Kelly Rowland: Stripped

After years of flashy stage costumes, the singer has reached a more pared-down place
She talks us through her wardrobe changes

Before she went solo, Kelly Rowland spent her career dressed in blingy costumes designed to keep you entertained — shimmering, mermaid-like dresses with flesh revealing cut-outs or ripped, GI Jane-style army fatigues with camouflage. Daisy Dukes. "I've never been afraid to take any risks," she admits over the phone from London, where she's promoting her new album, "Here I Am," and preparing to join the U.K. X-Factor

FOR ROWLAND'S STYLE
ICONS VISIT
WWW.METRO.US/STYLE

judging panel.

"My personal style has grown in a way where I know what works for me. You have to try different things out to get it right," she says of her evolution from her days as one-third of Destiny's Child to now. "Before, I was about what's 'in' right now. But now, I

buy to collect pieces that will be with me forever."

The Texan's new wardrobe is much more refined and focused, thanks to her habit of reading Style.com each night ("it relaxes me") and attending runway shows during the collections. She talks about the trends with the confidence of a seasoned market editor: "I love how everything is about opulence and decadence right now. I love how that has come back



Here she is: Kelly Rowland.

And it's great to see the bold colors from spring and summer carrying over into fall," she adds.

Rowland's been wearing Stella McCartney and Chloe the most, lately, and has a long-time obsession with Alexander McQueen. All three are brands with Eng-

lish creative directors — is Britain rubbing off on her? "I love the U.K., period. But I've grown to appreciate the art and creativity of British fashion."

KENYA HUNT

METRO WORLD NEWS IN LONDON

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2. **Kimble Honey and Oatmeal Treatment**, \$11, www.target.com
3. **L'Oreal Voluminous Mascara**, \$7, Drug stores nationwide



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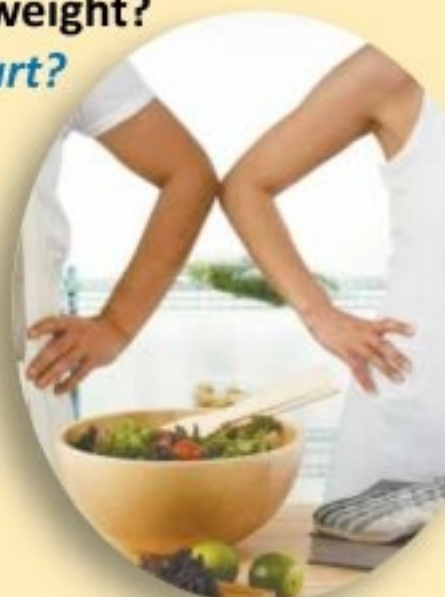
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WEDNESDAY, JULY 20, 2011

mywellbeing

Today in medicine

Grandparent versus parent drivers

Study subjects: 12,000 motor vehicle accidents involving children under age 15

Location of study: U.S.

Results: "A new study finds that kids may be safer when their grandparents drive than when mom and dad are behind the wheel," reports MSNBC.com. The journal Pediatrics found that "children in car crashes with grandparent drivers had half the risk of being injured as kids riding with their parents."

Significance: "About the only



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key difference between grandparents and parents involved the proper use of car-safety seats," concluded the article.

COMPILED BY LINDA CLARKE

Should you do the Dukan?

- 'The latest reboot of the low-carb dieting philosophy' is making waves
- Kate Middleton and J. Lo are fans

When Carolyn Crosier read about Kate Middleton adopting the Dukan plan for her pre-wedding diet, she says she was hooked 100 percent. Then, her colleague Heidi Bergos got on board.

"The fact that Kate Middleton, J. Lo and Giselle all followed Dukan's plan made me want to try it," Bergos says.

Soon, two more colleagues who work in the Charles Hotel's administration offices in Cambridge were eating up the Dukan Diet, so to speak. French nutritionist Pierre Dukan developed the diet, documenting it in his best-selling book, "The Dukan

Diet," and the Duchess of Cambridge, Kate, sealed its fate as this year's to-do diet.

"The Dukan Diet is the latest reboot of the low-carb dieting philosophy," says licensed nutritionist Monica

The disadvantages

"The early phases of the diet are extremely restrictive and nutritionally imbalanced," Reinagel says. "While it offers some advantages like not having to count calories or limit portions (or stop eating until you want to), these sort of extreme programs have a very poor track record for long-term success."

Reinagel, author of "Nutrition Diva's Secrets for a Healthy Diet." "The twist is that unlike the Atkins approach, the Dukan Diet has you limit fats as well. While it is usually successful in producing quick weight loss, it has many of the same drawbacks as Atkins."

The protein-heavy diet is split into four phases: The Attack, The Cruise, The Consolidation and The Stabilization. In the attack phase, dieters are set up to shed about five pounds very rapidly, in a week or less. The cruise phase implements a diet of certain vegetables, with the goal weight loss being approximately two pounds per

week. The consolidation phase reincorporates breads, cheese and starches, and the stabilization phase, designed to be implemented for the rest of the dieter's life, allows dieters to eat almost anything.

Since starting Dukan in April, Bergos lost 15 pounds and Crosier lost 11 pounds. Both gained only a couple back.

"The no-alcohol part is the toughest! Everything becomes Du-Can and Du-Can't," jokes Crosier. "It changes what you think about food as far as fuel versus indulgence."

LINDA CLARKE
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► Thinking of starting the Dukan Diet? Get ready to give up pasta until stage three.

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myletters&games

Letters

letters@metro.us

Democrats will indeed pay tax

RE: "DEMS, PUT YOUR MONEY TO WORK": Last I checked, tax forms do not ask for party affiliation. If we raise taxes on the rich, that will include the Obamas, the Kennedys and all the other rich Democrats that are publicly calling to raise their taxes.

JONATHAN BEATRICE, VIA E-MAIL

Like a typical right winger, Joan Bachman believes the national debt should be paid down by people who didn't cause it. I wonder if Ms. Bachman is any relation to the crazy woman in

Minnesota. She seems to have the same mindset.

TERRY M. CALLEN, VIA E-MAIL

That's all we seem to hear about today, raising the debt ceiling, taxes, out-of-control federal spending. There is already too much money flowing into Washington, it's a scandal all by itself. What the government needs is less money, not more. Cut spending. Are you listening?!

FRANK ST GEORGE, VIA E-MAIL

Lawmakers are to blame

RE: "MILITARY NOT THE CULPRIT": The incompetence

of our intelligence agencies and our military adventurism are to blame for 9/11. Don't blame our troops; blame presidents and impotent Congresses who go to war without declarations and who feel the need to intervene in the internal affairs of foreign nations.

KELLY DONNOE, VIA E-MAIL

Cross words: Moon also rises

The crossword for 18 July has the clue "Moonless period" and demands for the answer "daytime." This is utterly erroneous. As those who look up at the

sky now and then are aware, the moon is often visible during the day, and often invisible at night. This is for the simple reason that the Earth spins on its axis every 24 hours while the moon orbits the Earth only once every 28 days.

ERIC HAMMILL, VIA E-MAIL

Big Man tribute well received

Hey Pat: Just listened to your podcast and your story about my uncle. It was really a nice tribute. I miss him a lot. ... Hearing how he touched others helps in the quiet moments.

BIL CLEMONS, VIA E-MAIL

Note: Pat Healy's tribute to E Street Band saxophone player Clarence Clemons is featured in the July edition of the Metro Monthly Music Podcast. Listen at: www.metro.us/mixtape

Horoscope

Cancer June 21-July 22. Even if you believe your way of doing something is superior to that of others, don't impose your ideas on them. Listen, because you may learn a better way of accomplishing the goal.

Leo July 23-Aug. 22. Unless you take time to study what is involved, you could make a commitment that you'll regret. There might be a lot more to the job than it seems.

Virgo Aug. 23-Sept. 22. Borrowing something of value might be a bad idea, but, if for some reason you must, be extremely careful about how the object is handled.

Libra Sept. 23-Oct. 23. If you're entertaining at your place and a guest brings along an uninvited friend who turns out to be a jerk, graciously ignore it. It could ruin the whole affair if it becomes an issue.

Scorpio Oct. 24-Nov. 22. Should a dirty job be foisted upon you, take it in stride as best as you can. It will only make the situation worse if you air it out in front of others.

Sagittarius Nov. 23-Dec. 21. Circumstances similar to ones that existed in the past when you made a bad mistake might be occurring again. Take your cues from what you learned and handle it differently.

Capricorn Dec. 22-Jan. 19. No one can live up to your expectations if your demands are unreasonable. Be honest about what you want, and don't ask another to do your job.

Aquarius Jan. 20-Feb. 19. Should a co-worker who is usually easy to get along with be a little testy, be forgiving, not vindictive. Toss aside all thoughts of getting even.

Pisces Feb. 20-March 20. There is a good chance that an excursion that wasn't intended to be expensive could quickly get out of hand. Don't be a tightwad, but don't be foolishly extravagant either.

Aries March 21-April 19. It isn't enough to have good intentions, you must think things through before simply reacting. Otherwise you could unintentionally do something that others would find offensive.

Taurus April 20-May 20. Keeping proper records could become imperative when you are called on the carpet to explain what and why you did something. If you want to win your case, leave nothing to memory.

Gemini May 21-June 20. Mixing business with pleasure might turn out to be a bad mistake when a member of your group overdoses on food or wine. It won't generate the impression you wanted to make.

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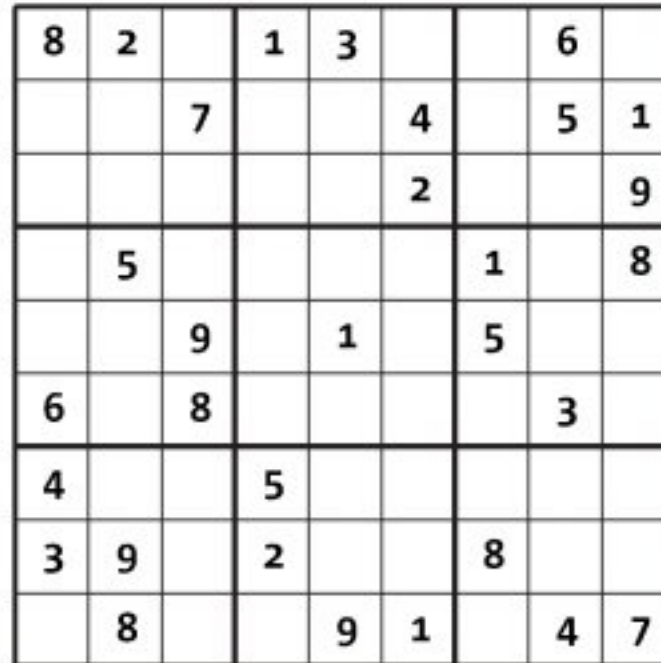
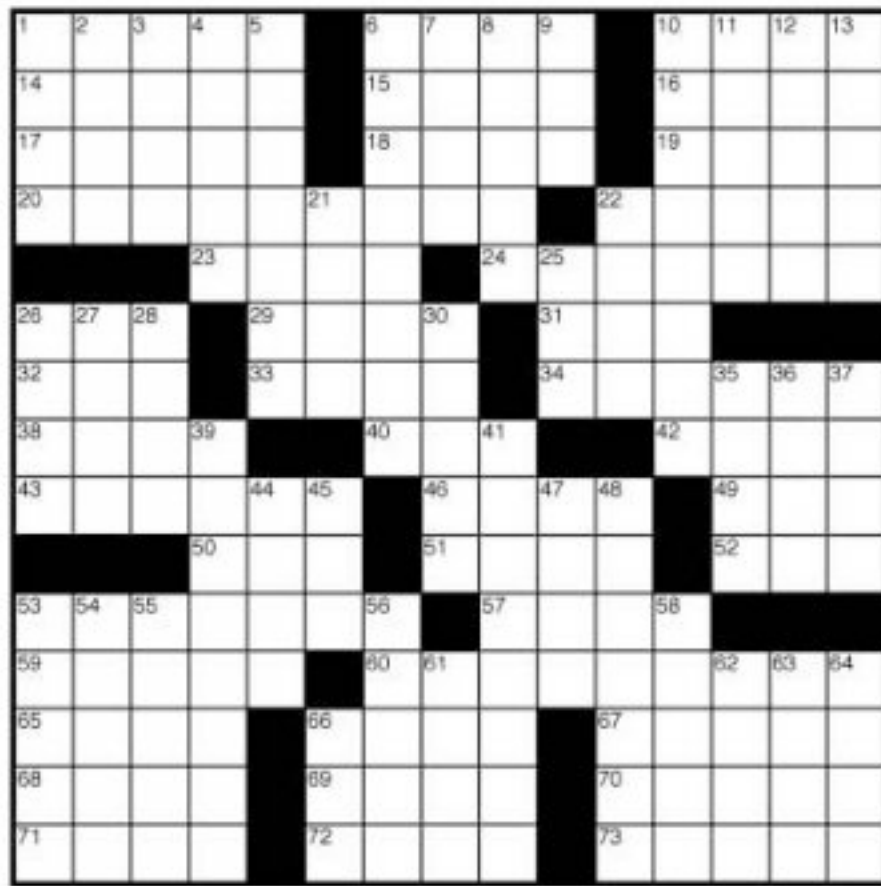
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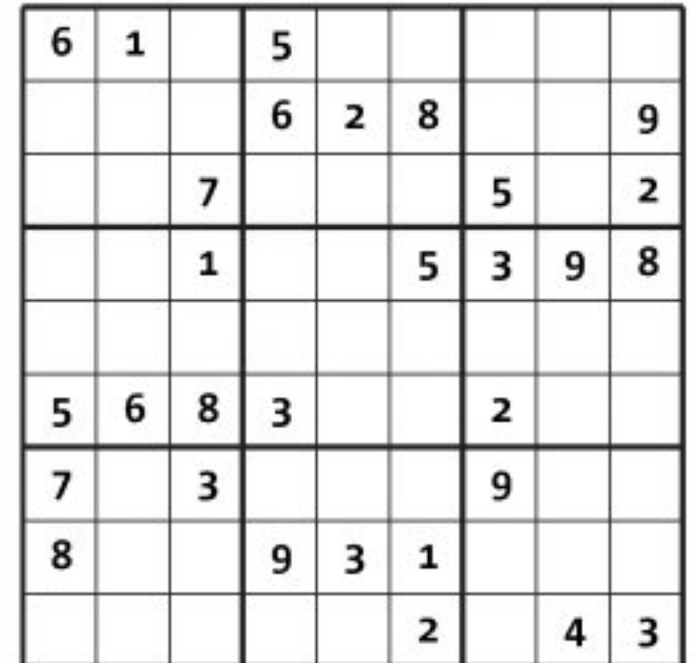
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Across

- 1 Ipso
- 6 Pack firmly
- 10 Might's partner
- 14 Hang down
- 15 Great Lakes port
- 16 importance
- 17 Lying still
- 18 Fuzz
- 19 Make much of
- 20 Leggy critter
- 22 Realty listing
- 23 Bad air
- 24 Tangled
- 26 Check for accuracy
- 29 Farm measure
- 31 Sci-fi Doctor
- 32 APB datum
- 33 Sand, silt and clay
- 34 Chinese exercises (2 wds.)
- 38 Took off
- 40 Floor cleaner
- 42 Hideout
- 43 Legacy
- 46 RPM meter
- 49 Princess perturber
- 50 Actor Beatty
- 51 Mr. Gardner
- 52 Bogus Bach
- 53 Generosity
- 57 Wyatt the lawman
- 59 Diarist Nin
- 60 Blown away
- 65 Coniferous tree
- 66 SF transit system
- 67 Powerful magnate
- 68 Sultan's cousin
- 69 Lotion additive
- 70 Us, to Pogo
- 71 Young lady
- 72 Look after
- 73 Perplexed (2 wds.)
- Down**
- 1 Acct. insurer
- 2 Drury Lane composer
- 3 "Fargo" director
- 4 Unlawful acts
- 5 Most favorable
- 6 Wire
- 7 Bone-dry
- 8 Ore sources
- 9 Kitten, maybe
- 10 Service-station supply (2 wds.)
- 11 Run of (cross)
- 12 Not idle (2 wds.)
- 13 Famous
- 21 Little bit, in Barcelona
- 22 Merry sound (hyph.)
- 25 Yellowknife's terr.
- 26 Goodbye, to Gaius
- 27 Really skimps
- 28 William Howard
- 30 Act like a ham
- 35 Yokums' creator
- 36 Scurried along
- 37 Where Ur is
- 39 Port near Gibraltar
- 41 Raised a family
- 44 Jeans go-withs
- 45 MS. fixers
- 47 Dressed
- 48 Chamomile infusion (2 wds.)
- 53 Jacket feature
- 54 Soul
- 55 Rajahs' spouses
- 56 Marshy tract
- 58 Pencil club
- 61 Fairway club
- 62 66 and I-80
- 63 Repute
- 64 "Orinoco Flow" singer
- 66 Cave denizen



SUDOKU LEVEL: EASY



SUDOKU LEVEL: HARD

Solution to yesterday's crossword



How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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3

In soccer



Revs visit DC

The Revolution will look to snap its 11-game winless streak tonight.

And they might have picked the best opponent to do it against.

The last-place Revs (3-9-7) are visiting D.C. United (5-5-8) at 7:30 p.m. (CSN, 98.5 FM). New England has won four straight against United, dating back to 2009. **METRO**

Roster squeeze on way for Boston OF

► David Ortiz's suspension allowed Terry Francona to play both big-cash J.D. Drew and big-production Josh Reddick ► But when Papi comes back Friday, one will have to sit ► Should manager go with veteran or youth?

It was barely three weeks ago that the intricacies of interleague play and the DH were giving Terry Francona headaches about who to play in right field.

David Ortiz will be out again tonight as he finishes a three-game suspension. Francona's right field headache returns as scheduled on Friday.

The dilemma now is more fundamental than a cameo appearance by Adrian Gonzalez in Philadelphia. With veteran J.D. Drew drowning in sea of mediocrity and young Josh Reddick hotter than the sun — with bat and glove — Francona is left to make the hardest of choices.

Drew, in the final year of his five-year contract, entered last night hitting a measly .158 in July with an OPS of .478, scoring and driving in four runs. Reddick, with 83 games of major league experience, was hitting .339 with 14 runs and 15 RBIs in 22 games since his recall June 19.

"[Drew] has a long history of doing what he's done, and to this point it hasn't been what he normally does," Francona told WEEI yesterday.



► Should Josh Reddick start ahead of highly paid OF J.D. Drew?

The Reddick file

The youngster is having a breakout season.

► He's played 20-odd games in 2009, '10 and '11.

► But the last two years, Reddick posted OPS numbers of .549 and .529.

► Going into last night, he had a 1.056 OPS (.402 OBP, .653 SLG) with four HRs and a .347 average.

"[Reddick] doesn't have the history, but he's been a huge part of what we're doing for the last month. So it creates a little bit of a — I don't want to say dilemma, because it's good."

With Ortiz out, Francona started Carl Crawford at DH last night, allowing both Drew and Reddick to play the corners against the Orioles.

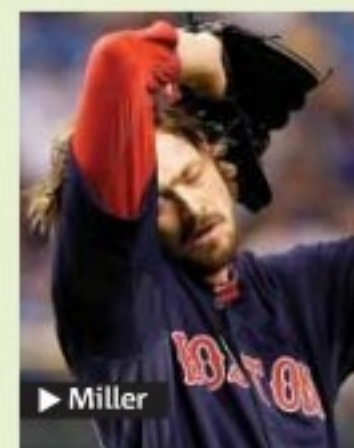
But when Ortiz returns Friday, there will only be

room for one.

"I just don't know exactly how it's going to work," Francona said. "It's easy just to put the guy that's hot out there, but as a manager you have to think, 'OK, am I hurting down the road more than I'm helping today?' So that makes me think a little bit."



JEFF GOLDBERG
sports@metro.us



► Miller

Miller on mound today

Andrew Miller will take the hill for the Red Sox in today's matinee against the Orioles (12:35 p.m., NESN, WEEI).

The lefty had won three straight starts before getting shelled his last time out. He surrendered seven runs in 2 2/3 innings at Tampa Bay on July 15.

Miller will be opposed by Baltimore righty Jake Arrieta. He's 9-6 with a 5.10 ERA on the season.

► METRO

Ryan released

Rangers president and all-time strikeout king Nolan Ryan was released from a Houston hospital yesterday after undergoing tests for a heart condition.

Ryan, 64, underwent a double bypass operation in 2000. **METRO**

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Once lockout is over, Pats are contenders

The end is near?

Online reports have NFL players and owners "crossing T's and dotting I's" on a new agreement.

Representatives from both sides met yesterday to work out final details.

Once the players' March antitrust lawsuit is settled, they could vote to approve the deal. That could happen as soon as late today.

Owners are scheduled to meet tomorrow in Atlanta. If the majority of the league's players have approved a new deal, the owners could follow suit at that meeting. **METRO**

► If you don't think they're ready, you've never seen Tom Brady and Co. ► It's New England-New York again

Breathe easy, football fans.

There have been multiple reports the NFL lockout is going to end very soon, with players and coaches getting back to business as early as the end of the week.

Are you ready for some football? We sure are. Because if there's one thing that helps get us through the cold New England winter, it's the New England Patriots.

Last season's Pats surely exceeded initial expectations — notice the word "initial."

Most prognosticators had them around 11-5 be-

8/11 The Pats are scheduled to open 2011's exhibition schedule Aug. 11 against the Jaguars.

fore the season began. But 14-2? They're lying if they say they did.

Before long, though, it was clear Bill Belichick and personnel czar Matt Case-rio had assembled a team that could roll with, and over, the best.

It was a fun ride that ended too soon, but fans learned a valuable lesson: Never count the Pats out.

That's why the expectations will be high for 2011.

The lockout will have an effect on most teams' level of play. But the Pats are in a position — with the right veteran players and coaches — to overcome the lay-off and put together another strong season.

It's going to come down to New England and New York — and the Jets have shown they're fully capable of taking the Pats down.

But if you don't think even a locked-out New England team hasn't been preparing, you haven't watched the last decade of Patriots football.

JIMMY TOSCANO



► Tom Brady is surely keen to get back on the football field — assuming he hasn't been enjoying his summer of water slides and embarrassing dancing too much.

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Today's stage

The 111-mile jaunt from Gap to Pinerolo is the first of three true Alpine stages.

Stage 17 features five major climbs, including two Category 1 ascents.

The high point of the stage is 2,035 meters, atop a Category 1 climb at Sestrieres.



▶ Alberto Contador didn't win Stage 16, but his attack stunned the field.

Contador rides back into race as Alps arrive

▶ Three-time champ spooks rivals with Stage 16 attack ▶ Climbs loom

Just as the Tour de France seemed to be cruising peacefully towards the Alps, Alberto Contador rocked the peloton yesterday with an unexpected attack that revived his hopes of a fourth victory in the race.

The Spaniard, unbeaten in all the grand Tours he has entered since 2007, threw down the gauntlet on the climb to the Col de Manse in Stage 16. Although he lost three seconds to rival Cadel Evans in the descent, he regained lost ground on the Schleck brothers and

Ivan Basso.

Since a big move by one of the contenders was unexpected before today's Alpine stage to Pinerolo, Contador caught most of his rivals off guard.

"He had an opportunity today and he took it. It's what champions do," his Saxo Bank-Sungard sports director, Philippe Mauduit, said.

Race leader Thomas Voeckler leads Evans by a scant 1:45 going into today's 111-mile stage (8 a.m., Versus).

METRO/REUTERS



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Can anybody save golf?

► Tour members agree that no Tiger is bad for game ► Cink says he's the 'most electrifying player to ever play' golf ► Better than Nicklaus, Faldo

There will never be another Tiger Woods.

With all apologies to recent Darren Clarke and Rory McIlroy, that's the way it is. Just ask 15-year PGA Tour veteran Stewart Cink.

"Guys like Tiger Woods come around, well, once," Cink told Metro. "I saw [Jack] Nicklaus. I saw [Nick] Faldo. Nothing comes close to the way Tiger Woods played at his peak. To be honest, he's probably the

Kudos, Clarke!

Cink said he was happy to see Darren Clarke win his first major at the British Open. The two shared the same swing coach, Butch Harmon, from 2002-06.

"He's really popular and super friendly," said Cink, who won the Open in 2009. "Royal St. George's is the most difficult of all the tournament courses."

most electrifying player to ever play the game."

Woods hasn't played a competitive round since May, and many doubt he'll ever regain his form. In Woods' absence, the game has grown boring. There have been only four repeat winners in 2011, and none of those included a major.

So, what is wrong with golf these days?

"Tiger is definitely a huge piece of the puzzle,"

Cink said. "It doesn't matter if Rory McIlroy or Phil Mickelson turn it up a notch. The game probably needs him because it's exciting when Tiger Woods is playing great."

American golf has also come to a screeching halt recently. The last three major winners have all been foreigners.



MIKE GREGER
mgreger@metro.us



► Cink finished at 9-over at the British Open, in a tie for 30th.

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► Cortney Novogratz

Last year on Bravo's "9 by Design," we watched Cortney Novogratz redecorate and flip multimillion-dollar houses with hubby Robert, star in a reality show (you can now catch the trendy family in their new HGTV gig "Home by Novogratz," Saturday nights at 10) and put out a book, "Downtown Chic," all while being a mom to seven — yes, seven! — children. The lady is Superwoman. We happily take notes as she teaches us how to attack a flea market like a DWR clearance sale.

 **TINA CHADHA**
tina.chadha@metro.us

Express yourself

"All of the retail shops have the same items, and so for our homes and our wardrobes to be unique, we have to find one-of-a-

kind pieces, which the flea market allows us. You'll really like it if someone comes to your home and they can tell who you are, and your house is a reflection of who you are."

The rules

"I always bring cash. And there is nothing wrong with saying, 'Oh, I would like this to be cheaper. Can you give me a better deal?' Most people will negotiate with you — so never ever settle with the initial price."

► Cortney Novogratz clues us in on the funky, cool aesthetic she shares with her husband ► Their new show on HGTV has even more tips for hip looks that won't break the bank



► Cortney scored these gorgeous chairs at Brooklyn Flea (www.brooklynflea.com).

MATTHEW WILLIAMS

Design ideas

Don't know where to start? Novogratz offers simple design ideas to keep in mind while navigating a flea market.

1. Hooks. "You can go to the chain store and buy them, but if you find antique hooks — which you can put on the back of your door, or in the bathroom or hang jewelry from — they're going to be something unique and different."
2. Mirrors. "Buy a bunch of

different funky mirrors. Like on one weekend, you may find an old, antique mirror, and on the next weekend, you find a mirror that is from the '50s, and you can create a collage in your apartment. This will also make the room seem a little bigger and deeper."

3. Old baskets. "Whether it's a basket that used to hold mail or newspaper, you can reinvent it with some paint and lacquer. Then you can store toilet paper in it — or your towels or your shoes."

For the family

Flea marketing with kids

"With my daughters, or any other children for that matter, kids get tired. So [to keep them interested], we started collecting something together. They've been collecting paintings of girls and women, which we keep adding to a wall. So that's fun, and it bought me a little more time to shop while they would look for those paintings."

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By Attorney
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So be a smart condo owner — plan now for the future, and get the benefit of rents paying your mortgage.

Want to know more? See the expanded story and past columns at www.georgeinthemetro.com.

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Attorney George Warshaw represents buyers and sellers of homes, condos and investment properties, prepares wills and trusts for inheriting real estate, and trusts that protect your children and pets. George welcomes new clients and questions at metro@warshawlaw.com.

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Where the bands are

► What made a local music blogger buy a house in an area affectionately known as Allston Rock City? ► Duh



► For less than \$400K, this Allston residence can be yours.

When Bradley Searles moved to Allston from Somerville in 2000, he never expected to be a long-term resident. But in 2004, he and his wife Amy bought a house just down the street from the apartment they rented in Lower Allston.

"We looked farther out at places like Quincy, but it came down to convenience. We were a few years away from having Brendan," he says of their young son. "I didn't need to be more suburban. It's near work and near to shows."

Searles is a software and Web tester by day and an avid music fan, thus the mention of "shows." His website, Bradley's Almanac, was among the country's first music blogs. So it makes sense to be in the self-dubbed Rock City, near clubs like O'Briens, Great Scott, The Paradise and Brighton Music Hall — as well as a stone's throw from Central Square.

But even Searles admits Allston's student stew is annoying: "Allston becomes crazy September through May. That's why I chose Lower Allston. The turnpike is a barrier. It feels alive but not overly noisy."

Searles says the biggest annoyance may be Harvard's defunct expansion program, which carved a hole in Lower Allston, liter-



► Searles says the house that he and his wife bought, pictured here, is in the perfect spot.

ally and metaphorically.

"Harvard talked a big game about what it was going to do for the neighborhood," says the 41-year-old Vermont native. "We all feel abandoned."

Piece of the rock

► **Live in Allston:** The two-bed, two-bath, 1,240-square-foot condo on Everett Street (pictured above) has deeded parking, central air, in-unit laundry and a classic interior design featuring hardwood floors and wood trims. Listing price: \$389,800.

► **Contact:** Anne Fantasia, Keller Williams Realty, 617-201-5883, www.287everett.com

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